

## Sepsis Fact Sheet

**Sepsis is a severe and extreme response to an infection in the body.** It is sometimes called blood poisoning, septicemia, or toxic shock syndrome. Sepsis can cause damage to the body's organs and it can be life-threatening but it is treatable if caught early. Many times, sepsis is misdiagnosed because the symptoms mimic other illnesses. According to the Centers for Disease Control and Prevention (CDC), symptoms of sepsis include:

- Confusion or disorientation
- Shortness of breath
- High heart rate
- Fever, or shivering, or feeling very cold
- Extreme pain or discomfort
- Clammy or sweaty skin

If you suspect you or a family member may have sepsis, you should seek medical attention immediately. If you would like more information about sepsis, visit the CDC's website [here](#).

**Visit the Maryland Quality Reporting website** to see how your local hospital performs on sepsis care measures.

Cheryl Douglass is a local sepsis survivor. She and her husband, Paul, are working to promote awareness of sepsis. To hear their story, click on [this video](#).

For more information and resources for patients, caregivers, and families, visit the links below:

- [Get Ahead of Sepsis Campaign](#)
- [Making Health Care Safer](#)

